

THERAPEUTIC HOLDS FOR THE ADMINISTRATION OF VACCINES

Children being vaccinated should be held in a manner which allows the nurse to properly administer vaccines. Therapeutic holds should also provide children with a sense of security and trust.

Parents/guardians or volunteers may hold children during vaccine administration. The therapeutic hold that is used depends on several factors, including: the age and activity level of the child; the site of vaccine administration; and personal preferences of the parent and nurse. Active infants may require therapeutic holds generally recommended for toddlers. Each situation should be assessed on an individual basis.

INFANTS:

Children less than 1 year of age may be receiving both oral and injectable vaccines.

To administer oral vaccines-

1. position children in a manner that will allow the chin to be tipped back to a 45° angle.

To administer injectable vaccines-

1. parents may hold children on their lap with their infant facing the same direction as the parent.
2. parents may cross their arms around children, holding firmly onto their infant's arm.
3. children may be placed on an exam table with arms and legs restrained as necessary for the safety and protection of the child.

TODDLERS:

By 12 months of age, children are developing increased muscle tone and strength. They may also be more aware of their surroundings, and more fearful. Toddlers and older children should be restrained as appropriate for their age and activity level.

To administer injectable vaccines-

1. parents may hold children sideways on their lap placing the toddler's legs between the parent's legs. The child's arm that is closest to the parent's body may be placed behind the parent's back and under the parent's arm in a hugging position.
2. parents may hold the lower arm/wrist of their child's free arm to allow the nurse to administer a vaccination in the child's arm or upper thigh.